

# Ready, Set, Walk!



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## Week 7: Types of Walking



### Interval Training

There are many benefits to varying your walking routine. The main reason most people fail to maintain a walking program is boredom. This can be easily remedied by adding different types of walking to your workouts. One of the best ways to step up your workouts is through interval training. This means you will speed up your pace for a minute or two and then return to your original pace. It is really not as complicated as it sounds. If you are feeling adventurous try incorporating short bursts of jogging into your brisk walks. If jogging is not for you simply increase your normal pace for a few minutes. Use landmarks to determine how long you will maintain your faster gait. Alternating between higher and lower intensities helps improve your endurance, your cardiovascular strength, and can greatly improve your metabolic rate. Interval training is a great way to burn more calories well at the same time fighting off boredom.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Seven	20 minutes	30 minutes	40 minutes	30 minutes	30 minutes	30 minutes	40 minutes

# **What Should I Eat?**

## *Before, After and During your Workout Nutrition*

### **Foods That Hydrate**

Do you know which foods have the highest water content? If you do, then staying hydrated is much easier, because 20% of your daily total water needs are met through foods. (The other 80% comes from all beverages - milk, juice, water, soft drinks, coffee, tea and sports drinks.)



### **Summertime Foods**

Nearly all foods contain some water, but fruits, vegetables, soups and yogurt contain the highest amount. And good news for the approaching summertime - many of our favorite seasonal foods are very high in water: watermelon, tomatoes, corn on the cob and popsicles.

FOOD	% WATER BY WEIGHT	FOOD	% WATER BY WEIGHT
Lettuce	95	Popsicles	80
Tomatoes	95	Potato Salad	75
Cucumbers	95	Corn on the Cob	74
Watermelon	94	Baked Beans	65
Zucchini & Squash	94	Vanilla Ice Cream	61
Strawberries	91	Salmon (all meat, poultry, fish)	63 - 65
Broccoli	89	Hamburger Bun (all bread)	39
Grapefruit	89	Dried Cherries	15
Yogurt	85	All Nuts	3 - 5

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